

WOLF PACK WARRIOR

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Serving members of the 8th Fighter Wing, Kunsan Air Base, Republic of Korea

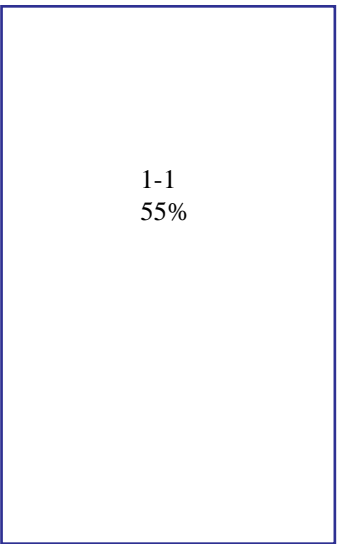
June 27, 1997

Atkins takes command of 8th Operations Group

By Staff Sgt. Steve Elliott
8th Fighter Wing Public Affairs

“Right now we have probably the most volatile situation on the peninsula we’ve ever had,” said Col. Dana Atkins, the new 8th Operations Group commander. “North Korea is one of the last bastions of communism left in the world and there are a lot of factors that could cause political upheaval in the north.”

It is for these reasons, the colonel said, that the Wolf Pack must always be in top form, ready to perform its mission. Atkins assumed command of the 8th Operations Group from Col. Stephen Wood in a ceremony June 20. Atkins arrives at Kunsan from the Pentagon, Washington, D.C., where he was assigned to the Joint Staff, directorate for Strategic Plans and Policy (J-5), as the branch chief, North and South America, Western Hemisphere Division. Wood has gone on to Washington, D.C., to work as Chief, U.S. Air Force Legislative Liaison to



Col. Dana Atkins

1-1
55%

the U.S. House of Representatives. “We have to do everything for real here at Kunsan. There’s no cutting corners or simulations in our training, said Atkins, a 20-year Air Force veteran. “We have to do our business absolutely correct.”

An interesting facet of Atkins’ career was the tour he spent as a member of the U.S. Air Force Aerial Demonstration Squadron: the world-famous Thunderbirds. As the left wingman with the Thunderbirds from November 1987 to December 1989, the colonel flew more than 169 aerial demonstrations throughout the United States, Mexico and Canada.

Even with his experience as a member of the famous aerial demonstration, Atkins said it is a thrill to join the Wolf Pack.

“The heraldry and history that comes with the Wolf Pack is amazing,” said Atkins, a fan of military history. “If you’re a fighter pilot in the Air Force, there’s nothing better than flying with the 8th Fighter Wing. The Wolf Pack has the kind of qualities that every pilot looks for.

“No other unit I’ve ever been with has the same enthusiasm, the same esprit de corps, the same ‘go-to-war’ spirit that this one does,” the Portland, Ore., native said.

Atkins’ leadership philosophy focuses especially on accountability and responsibility. “What has worked in the past for me is to let the people you have put in position of responsibility do their jobs. I don’t believe in micromanagement, but I do believe in standing back and letting smart people do the right things.

“To develop the future leaders of the Air Force, you

have to give them the opportunity to make hard decisions in a tough environment,” Atkins said.

A senior pilot with more than 3,400 flying hours, Atkins began his career as an enlisted troop right after high school, assigned to Barksdale Air Force Base, La., as a communications center specialist. One year later, he received a four-year ROTC scholarship and attended the University of Portland in Oregon. Graduating in 1977 with a bachelor’s degree in biology, Atkins was commissioned as a second lieutenant and assigned to Reese AFB, Texas for undergraduate pilot training.

“With our high operations tempo and austere conditions, our people are called on to go beyond the call of duty on a regular basis — and they do,” Atkins has noticed of the members of the Wolf Pack. “As I have been reading the officer and enlisted performance reports and medal narratives of the people who have been here, I am in awe. There are young airmen here who are doing the same work of senior enlisted people at other bases. These are people who have had a big impact on the operations of the 8th Fighter Wing.”

With the exhortation to work hard at Kunsan, the colonel said it is important to enjoy one’s self while stationed here. “I’ll give 150 percent of my effort to make it better at Kunsan. I’ve got the same emotions that everyone else does here about leaving family and friends behind for a year,” Atkins said. “I want to work as a team here and I’ll go out of my way to make life at Kunsan more enjoyable for the people who are here now and in the future.”

Tompkins takes helm of 8th Logistics Group

by Staff Sgt. Steve Elliott
8th Fighter Wing Public Affairs

“When I was notified of being chosen for command of the 8th Logistics Group, some of my contemporaries were envious,” recalls Col. Daniel Tompkins with pride. “There are many logistics groups that don’t have near the importance and impact of this one anywhere else in the world.”

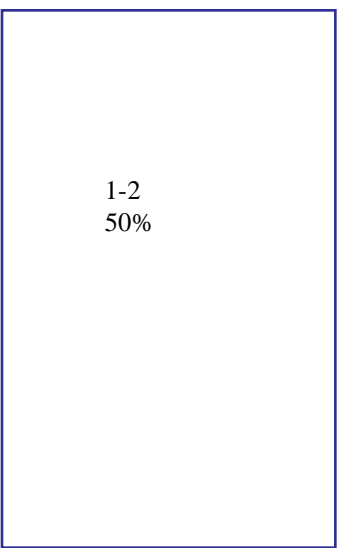
Tompkins assumed command of the 8th Logistics Group from Col. Gary Sandiford in a ceremony Tuesday. Tompkins arrives at Kunsan from Pope AFB, N.C., where he was the director of staff for the 23rd Wing and 43rd Airlift Wing.

A 23-year Air Force veteran, Tompkins brings extensive command experience in the munitions, maintenance and logistics fields to his position with the Wolf Pack.

“There is a heavy munitions commitment here at Kunsan due to the nature of the 8th Fighter Wing’s F-16 aircraft,” the colonel said. “I’m very excited to work with a group of professionals like we have here.”

In his 16 assignments, Tompkins has had several tours as commander of unique units in remote areas.

His overseas assignments have in-



Col. Daniel Tompkins

1-2
50%

cluded chief of weapons safety at two bases in Thailand; command of the 7016th Explosive Ordnance Disposal Flight at RAF Croughton, United Kingdom; conventional ammunition staff officer at Headquarters U.S. European Command, Stuttgart, Germany; and deputy commander of the 4401st Asset Reconstitution Group at Al Kharj, Saudi Arabia.

“As a former commander in places like these, I feel I can relate to some of the problems experienced by our people here at Kunsan,” Tompkins said.

Coming from Pope AFB, N.C., a high-visibility, high-tempo base, Tompkins can see a number of similarities with Kunsan.

“Pope is very much a joint base with the U.S. Army, while Kunsan is a combined mission with the Republic of Korea Air Force,” the colonel said. “While both bases have important missions, Kunsan’s mission of defending the Korean peninsula is even more important in today’s environment.”

In his experience in command of many diverse units, Tompkins says his leadership philosophy allows his people to do their jobs.

“I’m a hands-off type of leader. I’m not the type to micromanage people,” said the University of Southwest Louisiana alumni, who graduated with a bachelor’s degree in biology.

“The men and women of the U.S. Air Force in the 1990’s are head and shoulders above what we had in the 1970’s. Today, our Air Force people are so smart. We just need to tell them what the mission is and trust them to get the job done.”

Kunsan commissary escapes budget ax

The Kunsan Air Base commissary has been spared from extinction, after concerted efforts by Air Force officials at the highest level.

At a recent Defense Commissary Agency meeting, officials decided it was not in the best interests of people in unaccompanied locations like Kunsan to cut operating costs by eliminating the commissary.

“We oppose attempts to disenfranchise eligible personnel at unaccompanied locations like Korea,

for whom the commissary provides a needed touch of home in an otherwise austere environment,” stated a memo from the DeCA group. Both Secretary of the Air Force Sheila Widnall and Air Force Chief of Staff Ronald Fogleman reaffirmed that position.

“DeCA leadership better understands the impact at Kunsan AB and has withdrawn actions impacting your community,” said Col. Dale Collins, Pacific Air Force director of services in a letter to Kunsan’s 8th Support Group commander.

NCOs should be proud to talk about their Air Force

By Chief Master Sgt. Michael Cloutier
35th Fighter Wing Senior Enlisted Advisor
Misawa Air Base, Japan

Did you know when basic trainees enter the military, 27 percent of them say it is to serve their country, while the majority do it to get an education? When asked again why they joined the Air Force after graduation, more than 90 percent say they are in the Air Force to serve their country.

Basic training is producing my kind of people – professional airmen. Technical school only makes our professional airmen better professionals. The mission-ready programs today are producing airmen who can practically get right to work when they arrive at their first duty section.

When an airman arrives and calls me sir, or when I hear the person say “yes sir” or “no sir,” it sounds so good it gives me goosebumps. They are real professionals.

Our airmen reach their first duty station fired up, trained and ready for anything. They are professional, courteous, ready to learn, ready to solve the world’s problems, and will go in any direction we lead them in.

Unfortunately, by the time these professionals become airmen first class, some of them have gone astray.

When they get to their first duty station, they run into the “dorm lawyers,” and their first-time supervisors. You all know who you are and what you do, and you all know how vulnerable the new troop in the dorm or workplace can be. These folks are so vulnerable and want to belong, that it is easy for the wrong person to sway their thoughts.

I hate it when they say “sir” and someone says, “Don’t call me sir, I work for a living.” When I hear an airman calling a supervisor by his first name, I can only think to myself, “Where did the system break down?” I was amazed when I asked an airman leadership school class that I visited how any of them were on a first-name basis with their supervisors. What hurts me even more is to hear young enlisted people talking to officers on a first-name basis. This is not the discipline they learned in basic. This is

not professional. This is clearly not right. So what can we as Air Force noncommissioned officers do about this? Today’s leaders and supervisors have to ensure that tomorrow’s NCOs and leaders are ready to meet the demands of our professional Air Force.

As NCOs, from staff sergeants to chief master sergeants, we need to take our newest airmen under our wings and train them, lead them and mentor them and continue to show them how to be the professionals they learned to be in basic training and technical school.

As NCOs, we are all responsible and accountable for ensuring all enlisted members maintain the highest standards. If you don’t know what these standards are, ask the next new airman you get assigned to your dorm or workcenter. They’ll be more than happy to tell you.

One last point: It hurts me to see our very best people leave our Air Force because they didn’t have the whole story and were disappointed by things such as losing benefits, less freedom and job dissatisfaction. The bottom line is that we didn’t promote the good stuff about our Air Force well enough.

It’s our job, duty and responsibility to tell our junior enlisted the truth about the Air Force. We NCOs should be proud to talk good about the Air Force. We should be telling airmen, junior NCOs and junior officers – our future Air Force leaders – what’s good about the Air Force and not dwell on what’s negative all the time. We all know there are negative aspects in the Air Force, but the positive aspects far outweigh the negative ones.

How many of you can honestly say you’ve said something good today about our Air Force? I bet I can count that number with the fingers on one hand.

The point is we need to promote our Air Force. We need to think and be positive about our profession and be the true professionals that is expected of us.

Surround yourself with the positive in both words and people, and you’ll be amazed at the results. If you can’t, if you just can’t seem to get yourself to do that, then maybe it’s time for you to look at yourself and get out of the best Air Force in the world.

I’m proud to be in our Air Force. Are you?

2-1

57%

Photo by Senior Airman Michael Morford

Col. Mark Welsh (right), 8th Fighter Wing commander, talks with Wolf Pack members celebrating their birthdays at the monthly birthday meal celebration at the O’Malley Inn Sunday. People with birthdays in June were treated to steak and lobster, served by the Wolf , group commanders and first sergeants.

Commander's Hotline

The Wing Commander’s Hotline is your direct line to me to voice concerns or praise. I get personally involved in every reply. To access the hotline, call 782-5284. I need your name, organization and phone number at the end of your message. Please give a complete run-down of the issue in question.

Your name and number are crucial; I may need to contact you for more details or to respond to your question. Anonymous calls are not normally responded to, unless you indicate a sincere concern of retribution. Before calling the hotline, please try to work the issue with the responsible individual or unit.

Wolf Pack Wheels

My concern is regarding all the people leaving the base on permanent change of station moves.

There are sometimes not enough seats on the Wolf Pack Wheels up to Osan Air Base for them to catch their flights.

If the bus tickets get sold out before the end of the week, some people are being forced to take a train up to Osan. With the amount of luggage that most people have, it’s not very convenient for them.

Could the the transportation squadron consider taking a bus just for PCSing people up to Osan during this busy moving season?

Great question! This is a wonderful opportunity to explain the Wolf Pack

Wheels PCS operation. The Falcon Community Center staff is aware of the number of people PCSing on various days and always makes plans for additional buses and luggage trucks when we need them.

Unfortunately, when folks wait to buy their tickets at the very last minute, it’s impossible to produce instant buses.

Wolf Pack Wheels tickets can be purchased up to 30 days in advance and I strongly recommend that you buy a ticket for your PCS trip as early as possible.

As you know, this is our busiest PCS season; the community center staff is aggressively working to ensure a seat for everyone.

But if you wait for the last day to reserve a seat, you may end up looking for alternate transportation, and that won’t make any of us happy. Buy early!

| Sorties | |
|-----------------------|------|
| 35th Fighter Squadron | |
| As of Tuesday | |
| Month | Year |
| +50 | +23 |
| 80th Fighter Squadron | |
| As of Tuesday | |
| Month | Year |
| +8 | +41 |
| 8th Fighter Wing | |
| Month | Year |
| +58 | +64 |

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If you have any questions or comments about the content or appearance of the Wolf Pack Warrior, call the Public Affairs office at 782-4705 or 5194.

WOLF PACK
WARRIOR
Best large funded newspaper
in the Air Force, 1996

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Briefly

New 8th Supply commander

3-1
39%

Lt. Col. Stephen Ribuffo assumed command of the 8th Supply Squadron June 20, replacing Maj. Erin McCarter. Ribuffo is a 19 1/2-year Air Force veteran who began his career as a B-52 navigator and radar navigator/bombadier. He arrives from the Defense Personnel Support Center, Philadelphia, Pa., where he was the deputy director of strategic business.

New 8th Trans commander

3-2
36%

Maj. Richard Trembley assumed command of the 8th Transportation Squadron Tuesday, replacing Maj. David Lawson. Trembley is an 15-year Air Force veteran and a career transportation officer with broad experience in air and land transportation. He arrives from Robins

Air Force Base, Ga., where he was chief of transportation for the 78th Fighter Wing.

ROKAF conducting exercise

An operational readiness inspection of the 38th Group of the Republic of Korea Air Force on Kunsan takes place Monday through July 4. The ROKAF unit is being evaluated on disaster control, and air base defense. Wolf Pack people may see Korean ground infiltration and helicopter infiltration units in the ROKAF beddown areas. These units will travel through the U.S. Air Force areas of Kunsan. In addition, smoke shells and grenade simulators will be used during parts of this ORI.

Gas mask canisters

All Wolf Pack members need to inspect their real-world chemical warfare bags for the following lot numbers on the C2 gas mask canisters: RFT91E001-011 and MST91A007. These canisters are expired and must be returned immediately to Individual Equipment Issue, Bldg. 822.

Recognition ceremony

The monthly 8th Fighter Wing recognition ceremony is scheduled in the lower ballroom of the Seabreeze Club at 2 p.m. Monday, and is open to all Wolf Pack members. For more information call 1st Lt. William Kelley at 782-5270.

Legal closed

The 8th Fighter Wing legal office closes at noon Wednesday for an official function. People needing emergency assistance can call the on-call staff judge advocate at pager number 782-7300, ext. 8030.

Loaner furniture

The new hours for the Furniture Management Office are Monday, Wednesday, and Friday from 1-3 p.m. For more information contact Senior Airman Kenneth Thompson at 782-4088.

Nine get Article 15 punishment

Alcohol, assault, AMEX cards mean trouble for some

By Senior Airman James Conger
8th Fighter Wing Legal Office

Nine Kunsan Air Base servicemembers received punishment under Article 15 of the Uniform Code of Military Justice in May.

Underage Drinking

An airman basic under the age of 20 became intoxicated while drinking in Okku-Silvertown (A-Town). His punishment was 30 days restriction and 30 days extra duty.

An airman first class was punished for underage drinking. He arrived at work late with the smell of alcohol on his breath. His punishment included reduction to the grade of airman and 30 days extra duty.

Failure to Obey

A senior airman was punished for failing to obey a regulation; she used her American Express government travel card to purchase plane tickets that were not for official government travel. She received a suspended reduction to airman first class and 30 days extra duty.

A technical sergeant used his American Express government travel card for personal purchases while on leave. His punishment was a suspended reduction to staff sergeant and 30 days extra duty.

An airman first class used his American Express government travel card to withdraw cash and make purchases while on leave. His punishment included a suspended reduction to airman and 30 days extra duty.

Failure to Go

A senior airman was five hours late for work. His punishment consisted of a suspended reduction to airman first class, forfeiture of \$100.00 for two months and 60 days restriction to Kunsan Air Base. His suspension was vacated, reducing him to airman first class, when he subsequently became absent without leave.

An airman failed to show up for mandatory weekend duty. His punishment included a suspended reduction

3-3
71%

Photo by Airman 1st Class John W. Cavallo, Jr.

Comm professional

Senior Airman Michael Morford (above), a photographer with the 8th Communications Squadron's Visual Information section, was recently announced as a winner in the airman category of the 1996 Air Force Communications and Information Professionalism Awards. Morford was instrumental in acquiring electronic imaging equipment through the civil engineering pollution prevention plan, by helping to eliminate chemicals used in photo developing. Also recognized was Master Sgt. Marvin Ettlin, also from Visual Information, who has since left Kunsan Air Base.

to airman basic, 45 days restriction and 21 days extra duty.

Assault

An airman used threatening words and gestures towards a co-worker. His punishment was a suspended reduction to airman basic and 30 days extra duty.

A senior airman assaulted a Republic of Korea Air Force gate guard and relinquished control of his military equipment to an unqualified person. The member received a suspended reduction to airman first class and 30 days extra duty.

The week in Air Force history

June 20, 1941: U.S. Army Air Forces established with Maj Gen Henry "Hap" Arnold named as its first commander.

June 23, 1952: Combined air attacks by the Air Force, Navy, and Marines nearly destroyed the electric power potential of North Korea. The two-day attack involved over 1,200 sorties in the largest single air effort since World War II.

June 24, 1954: Harold E. Talbott, Secretary of the Air Force, announced that the permanent location of the Air Force Academy would be a 15,000-acre tract of land six miles north of Colorado Springs, Colo.

June 25, 1950: The Korean War began. The U.S. Air Force took its B-29s from "mothballs" and pressed them into service along with current combat-ready fighters, bombers, and cargo aircraft. The 8th Fighter-Bomber Wing was the first fighter wing called upon to fly combat missions.

June 25, 1951: The 8th Fighter-Bomber Wing moved back from Itazuke AB, Japan, to the Korean Peninsula, taking up a two-month residence at Kimpo AB. The wing



then moved to Suwon AB for the duration of the war.

June 26, 1946: The Aeronautical Board agreed that the knot and nautical mile should be adopted as the standard aeronautical units of speed and distance.

June 26, 1950: President Harry Truman ordered the U.S. Air Force and U.S. Navy to aid South Korea, which had been invaded by the North Korean Communist forces.

June 26, 1950: Eight F-82 Twin Mustangs, flying out of Itazuke AB, Japan, flew air cover for the 1,365 Americans leaving Seoul on an evacuation ship leaving from Inchon. Thirty American women working at the American Embassy missed the boat and were flown out by 8th FBW pilots from Kimpo AB. This was the 8th FW's first missins of the war.

June 27, 1950: 1st Lt. Charles Noran, 8th FBW, is credited with shooting down the first enemy plane of the Korean War. Later that day, an F-80 assigned to the 35th ighter-Bomber Squadron of the 8th FBW, scored the first aerial kill by an American jet aircraft.

June 27, 1950: This day begins the period (through Jan. 31, 1951) for which the 8th FBW was recognized in the first of its two ROK Presidential Unit Citations.

Steel on target

THE OTHER SIDE of the fighter pilot

By Capt. Linda Pepin

8th Fighter Wing Public Affairs

A crew buses makes a leisurely cruise out to the flight line, where a pilot gets out, walks around the jet, signs some papers, and then climbs in. It may be easy for the casual observer to buy into the common myth that being a pilot is a 9-to-5 job, and the people who have been working on the jet all night do the only real work.

But any pilot, or anyone who shadows one of the Wolf Pack's aviators for a day in preparation for an incentive ride, can attest to the constant training and the consistently hectic pace in the flying squadrons' operations buildings.

At Kunsan, being a pilot means being able to put steel on target, and flying the F-16 is just a start. The ability to fly an aircraft is less than half of the total equation. A Wolf Pack pilot has to use the jet as a weapon.

"Pilots go through an incredible amount of training," said Capt. Kurt "Huevos" Gallegos, a pilot with the 80th Fighter Squadron "Juvats." All Air Force pilots go through a year of undergraduate pilot training, which Gallegos describes as the hardest and most demanding thing he's done in his life. "The material is probably about college freshman level, but you've got a stack of material a foot high every night. It's demanding for a reason, and when you get your wings, you know you've earned them."

After pilots learn to fly, they learn to employ their aircraft as a weapon, which they do in Lead-In Fighter Training at Holloman Air Force Base, N.M. F-16 pilots then spend six months at the flying training unit at Luke Air Force Base, Ariz.

It takes a minimum of 20 months of academic and flying training and at least 13 successful check rides before an F-16 pilot is assigned to his first fighter wing. Each check ride is a pass or fail event for a pilot. "At any point if you don't pass all the check rides, you're done," Gallegos said. Pilots must also pass a mission ready check ride every 18 months to keep flying.

The pressures of training are good preparation for the rigors of a flying squadron, where the studying never really stops, according to 1st Lt. Glen Richards, who has been with the 35th FS "Pantons" since his arrival in April.

With the 8th Fighter Wing as his first operational unit, Richards had to study for several weeks before he began flying with the squadron. "I'd spend about seven hours a day in the safe at the squadron studying threats, tactics, and just learning the basics here, then I'd go home and study local procedures and wing standards for a few hours," Richards said. "On Saturdays and Sundays, I would come in and study some more."

In a typical pilot's week, only about three or four hours are actually spent in the air. The usual mission involves about 1.3 hours of flying time, but pilots spend at least five hours on the ground planning and studying the mission.

Mission planning takes anywhere from two hours to a whole day, depending on the complexity of the mission, Richards said. Mission planning includes copying maps and drawing the attack on a map, laying out routes, working on the computer to plan the attack and programming the data transfer cartridge. The DTC stores mission data, and is inserted into the cockpit like a floppy disk in a computer. Prior to the flight, pilots also go through about a one hour mission brief to ensure every-

Capt. Doug Larson, 35th Fighter Squadron (center), conducts multinational interoperability training with Capt. Jae Kyun Jeon and Capt. Chan Joo Kim of the Republic of Korea Air Force.

Lt. Col. David Lohrenz hooks up his

one fully understands the objectives of the mission and how the mission will be executed. Following the flight, pilots spend from one to three hours in the average debrief, ensuring each pilot learns what to do better for the next flight.

In addition to flying, every pilot has a "regular" full time job in the squadron. Pilots serve in areas such as squadron scheduler, weapons officer, life support officer and training officer, Richards said. "On top of flying, these things take a big part of the day. You get pulled in every direction, and when you finally get done you have to go work out."

Gym time, enforced by the squadrons' flight surgeons, helps pilots stay in the peak physical condition flying an F-16 demands. Pilots use words like "exhausting" and "punishing" to describe the experience of "pulling g's," the magnified force of gravity on the aircraft and pilot during high-performance maneuvers. For example, a 150 pound pilot who pulls seven g's feels as if he weighs seven times his normal weight, or 1,050 pounds.

"It's incredibly fatiguing," said Richards. "When you pull g's you have to strain to keep blood in your brain to keep from passing out. It's like if you were weight-lifting and doing one squat constantly with the maximum amount of weight you can lift."

Tech Sgt. Deborah Lohenitz, NCO in charge of the C-Pad dining facility, can attest to that. She went on an incentive ride in an F-16 in January, and pulled 5.7 g's. "That was plenty for me," she said. "When the g-suit tightens up you get a tightness of breath and you have to change your breathing style. It's a labor intensive program, and I was physically exhausted by the end of the day."

Richards also brings the perspective of a former incentive ride recipient to his job. "I got an incentive ride as a cadet, and I remember that night feeling so drained it felt like I'd run a marathon," he said. "Incentive rides can be a little deceiving, since they're basically joy rides. During our regular missions, there's so much going on in the cockpit you don't have time to sit there and enjoy

it. There's so much going on mentally, it's like doing a 1.3 hour math problem or being in an interview where you have to get all the answers right. It's a ton of work."

Lohenitz also came back from her incentive ride in January with a different perspective on pilots and the daily operations of the Wolf Pack. "I used to work in lodging, and never understood why pilots had to have crew rest," Lohenitz said. "After my incentive ride I see why. I learned firsthand that all the things that go into flying make a full and exhausting day."

"As the manager of the C-Pad dining facility, I got wrapped up in making sure the Wolf Pack was fed every day," Lohenitz said. "This flight opened my eyes to a whole different side of what my job here at Kunsan is all about. I had heard several times about putting steel on target, and I finally got to see it first hand. I was a non-volunteer to come to Kunsan, but this experience made my tour here worthwhile."

Richards is quick to point out that while the pilots put the steel on target, they don't do it alone. "I realize every day that I'm blessed to fly," Richards said. "I don't take that for granted. I'm very appreciative of how hard people work to make the jets fly. Simply put, I couldn't do my job without their hard work."

**4-1
CAPT WITH ROKAF
82%**

**4-2
F-16
100%**

File photo

5-1
PILOT
HOOKING
UP
SUIT
90%

5-2
PILOT STUDYING
78%

5-3
PILOT AT
SCHEDULE
COMPUTER
62%

5-4
IN GYM
71%

(Above) Capt. Nate "Rip" Smith, 80th FS, stays in peak flying condition with regular trips to the gym.

(Above left) 1st Lt. Glen Richards, a pilot with the 35th FS Pantons, hits the books to become more familiar with his mission.

(Left) Capt. Jeff "Rummy" Ruminger, 35th FS, works on the mission scheduling computer.

(Below) 1st Lt. Matt "Picasso" Manifold, 80th FS Juvats, performs a pre-flight inspection of his aircraft.

Photos by
Senior Airman
Michael Morford

5-5
PILOT CHECKING PLANE
122%

Water main break hits officer dorms

By Capt. Linda Pepin
8th Fighter Wing Public Affairs

About 330 people were without water for nine hours June 19 while utility systems technicians and heavy equipment operators from the 8th Civil Engineer Squadron repaired a water main break at the corner of Avenue C and West 9th Street near the base hospital.

Service was interrupted to about 20 buildings, including billeting facilities and the 300-series officer dormitories, from approximately 4 p.m. June 19 to about 1 a.m. June 20, according to Maj. Terry Seaman, Operations Flight commander for the 8th CES.

The leak started as an 18-inch crack on a pipe, and when plumbers cut out the bad section of pipe, the water pressure blew out a valve, Seaman said.

"When that happened, they went to the next set of valves and turned them off," Seaman said. "Once they pumped water out of the hole, they noticed there was still water flowing, so they went to the next set of valves out, and that's when the buildings lost water."

The water main break presented some unique challenges to the heavy equipment operators from the 8th CES horizontal shop and utility systems technicians from the water plant.

"We don't replace eight-inch diameter water mains every day," said Staff Sgt. John Lackey, a utility systems technician. "This one was made worse since when we dug up the original break the valve failed. That turned a big job into a huge job. What could have been a quick fix turned into an all night project that required heavy

equipment and quick-set mortar."

"After we brought the water back up we flushed the lines," Lackey said. "People should be aware that because we have to flush debris out of lines through fire hydrants after a repair like this, we stir up debris in the pipes, so they will notice a temporary discoloration of the water."

The people credited with getting the break fixed include Lackey, Staff Sgt. Troy Smith, Staff Sgt. Greg Wilson, Senior Airman Randall Judd and Senior Airman Bill Molnar, all utility systems technicians from the water plant. The heavy equipment operators who made it possible for the plumbers to get to the pipe included Staff Sgt. Quintin Woody, Senior Airman Kyle Dutch, Senior Airman Mike Jones and Senior Airman Dean Parrish.

"Across the shops it was a combined effort. Our jobs were made easier by the heavy equipment operators," Lackey said. "Through hard work we were able to bring water back up and customers didn't have to go too long without water service."

Civil engineers are still looking into probable causes of the break, Seaman said.

"As we identify problems, we plan on fixing them. We've got a project underway to loop parts of the distribution system so that if things like this happen we can provide water to that part of the base by an alternate route," Seaman said. "We had redundant capability on this break, but some of the valves are old and don't close all the way, so we had to go to valves further out, and that's what caused the area to lose water."

6-1

66%

Photo by Capt. Linda Pepin

Civil engineers work to replace a broken water pipe near the officer dormitories June 19.

EQUAL list for overseas returnees out July 15

RANDOLPH AIR FORCE BASE, Texas — The latest Enlisted Quarterly Assignment Listing of available overseas-returnee enlisted assignments becomes available at military personnel flights and on the Air Force Personnel Center's World Wide Web home page July 15.

This list includes assignments for people eligible to return from overseas in November through January.

Personnel officials recommend assignment preferences be updated by July 29 to ensure the information is updated in the computer system before actual assignments are made. Assignments will be released around Sept. 1, say AFPC officials.

EQUAL advertises upcoming assignment requirements, by Air Force Specialty Code and rank, and gives people a chance to update their assignment preferences to more realistically match vacancies being filled in a particular cycle.

Local military personnel flights offer a publication

titled, "Enlisted Overseas Returnee Counseling Hand-out" that explains how to use EQUAL.

New listings are released quarterly for assignments available at overseas locations plus assignments available for those returning from overseas areas. All special-duty assignments appear on EQUAL-Plus and are updated weekly.

Military personnel flights and commanders' support staff offices have copies of the listings and can help people update their preferences. People who are on temporary duty during the advertising period should contact the nearest personnel office for assistance.

People can access the AFPC home page using the address <http://www.afpc.af.mil>; then click on the highlighted "assignments" text. Assignment information is also available through the Air Force's home page at <http://www.af.mil>; then click on the "careers" icon. (Courtesy of AFPC News Service)

HAZMAT pharmacy tech wins USFK award

A Wolf Pack senior airman has made the grade at the U.S. Forces Korea level as one of USFK's outstanding people for the first quarter of 1997.

Senior Airman Giovanni White from the 8th Supply Squadron's Hazardous Material Pharmacy said she was quite surprised when she was notified of the Korea-wide award. "I didn't even expect it when I won the airman of the quarter for Kunsan," the Baltimore, Md., native said.

"It's been a great learning experience working as a HAZMAT pharmacy technician here," White said. "I've learned a lot more in one year here than I would have gotten out of a whole tour at a stateside base."

White, who leaves for McGuire AFB, N.J., shortly, said that the people of the Wolf Pack, both in her work section and throughout the base, have made a big difference for her during her tour. "People are really nice and helpful here," White said. "It feels like a family."

The senior airman also re-enlisted for four more years of Air Force duty recently.

6-3

49%

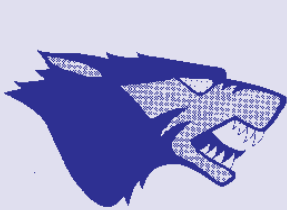
Photo by Staff Sgt. Craig Luttmann

Senior Airman Giovanni White (left), from the Hazardous Material pharmacy, explains to Airman Jeff Desjardins the proper way to use certain hazardous materials.

6-2

44%

Photo by Staff Sgt. Craig Luttmann



Pick of
the
Pack

Name: T. Karl Rollans
Rank: Senior Airman
Squadron: 8th Communications Squadron
Unit: Information Systems Flight
Job Title: Senior system administrator
Unofficial Job Title: Internet Webmaster, Kunsan Air Base Home page
Hometown: Oklahoma City, Okla.
Achievements: Has singlehandedly created and administered the Kunsan Home Page on the World Wide Web on his own time.
Word from the Wolf: "Karl provides the entire world a window into the Wolf Pack. If he makes the Kunsan home page any better, we won't be able to handle all the tourists!"

8th Fighter Wing Commander Col. Mark Welsh has established the "Pick of the Pack" column to recognize some of the unsung heroes and unique people of the Wolf Pack.

Sports shorts

Women’s health

A women’s health class is July 8, 11-11:45 a.m. at the O’Malley Inn. The guest speaker is Capt. (Dr.) Jeffrey Freeland from the 8th Medical Group. Discussion includes subjects such as breast self-examination, ovarian cancer and PMS. The class is open to all members of the Wolf Pack. For more information, call the health and Wellness Center at 782-7854.

Triathlon

An individual and squadron triathlon is July 5 at 8:15 a.m. The events include a 200-meter swim, five-kilometer run, and 10-km bike ride. Squadron teams can have a maximum of three members. Sign up by 8 a.m. July 5. For more information call Master Sgt. Dave Craig or Tech. Sgt. Jeff Durben at 782-4026 or 4039.

Aerobic instructors

Qualified aerobic instructors are needed immediately to instruct classes at the Satellite Fitness Center. For more information call Tech. Sgt. Tamra Dorsey or Mr. Yi at 782-4026 or 4039.

Softball marathon

The entry deadline for the 4th of July Softball Marathon is Tuesday. There is no entry fee. For more information contact Staff Sgt. Scott Sumner or Senior Airman Jeff Roller at 782-4026 or 4039.

Intent letters

Letters of intent to field a team for Summer League recreational basketball competition must be submitted no later than July 7 at the Fitness Center. A coaches meeting is July 9, 1 p.m. at the Sonlight Inn.

Intramural tennis

Intramural tennis action began last week. Results for the six-team league include wins for SUPS, MXS, and SPS, and losses for E-Battery, MDG and CES.

Classes cancelled

The aerobics classes held at 6 a.m. and noon at the Satellite Fitness Center have been cancelled until further notice. Classes are still held Monday through Friday at 5:45 p.m. and at 10 a.m. Saturdays at the Satellite Fitness Center, Bldg. 1409.

Tennis challenge

The Camp Zama Fitness Center hosts the 1997 Monsoon Tennis Challenge July 19-20. Deadline for entries is July 7. Entry fee is \$15 for singles and \$25 for doubles. For more information call the Fitness Center at 782-4026 or 4039.

Abs of steel?

People interested in teaching a class focusing on abdominal training can contact the Fitness Center at 782-4026 or 4039.

Weight lifting instructor

Anyone interested in teach a weightlifting class or seminar should contact the Fitness Center at 782-4026 or 4039.

HAWC Talk

Exercise, exercise, exercise!

By Capt. Sherri Brady
Health and Wellness Center

All exercise is good for people’s health, but what kind of exercise helps condition hearts and lungs?

Exercises that improve the condition of the cardiovascular system must follow three guidelines. The first is that the exercise must be done at a brisk pace, which raises heart and breathing rates. Second, it must be sustained, done at least 15-30 minutes without interruption. Finally, it must be regular, repeated at least three times per week.

All exercises do not give the same conditioning benefits for the heart and lungs. There are three different types of activities.

TYPE I: Exercises that DO condition heart and lungs. These exercises are naturally very vigorous. They are performed for at least 15 minutes, three times a week. Then they will condition your heart and lungs, burn off lots of calories and give you many other benefits such as more energy and greater resistance to stress.

- Cross-country Skiing
- Hiking(uphill)
- Ice Hockey
- Jogging
- Jumping rope
- Rowing
- Running in place
- Stationary cycling

TYPE II: Exercises that CAN condition heart and lungs if done briskly. These activities are moderately

vigorous but can be excellent conditioners, if done under the same guidelines. When done briskly, they give the same benefits as the Type I activities.

- Bicycling
- Downhill skiing
- Basketball
- Calisthenics
- Field Hockey
- Handball
- Racquetball
- Soccer
- Squash
- Swimming
- Tennis(singles)
- Walking

TYPE III: Exercises that DO NOT condition heart and lungs. These activities by nature are not vigorous or sustained. They still have certain benefits, they can be enjoyable, help improve coordination and muscle tone and help relieve tension. However, they neither condition the heart and lungs nor burn off many calories.

- Baseball
- Bowling
- Football
- Golf
- Softball
- Volleyball

If you would like more information regarding exercising or a putting together an exercise plan, contact the Health and Wellness Center at 782-4305/7854.

Wolf Pack crushes Pusan Commanders

by Staff Sgt. Steve Elliott
8th Fighter Wing Public Affairs

The Wolf Pack men’s and women’s softball teams are on the prowl in the Korea Traveling Softball League.

In a pair of weekend doubleheaders with the Pusan Commanders at the Kunsan athletic field, the Wolf Pack encountered little resistance in a double sweep. Saturday, Kunsan handed Pusan losses to the tune of 14-4 and 3-0. Sunday, the overmatched Pusan team could only command two runs all day, losing 12-1 and 16-1 to the Wolf Pack. The four wins give Kunsan a record of 11-9, good enough for a fourth-place tie with Camp Carroll. The Osan Defenders hold the top spot at 22-2, Yongsan is second with a 17-3 record, while Camp Long settles in at third place at 14-10.

The Kunsan women's team also enjoyed success at the expense of Pusan, taking three of the four weekend games.

In Saturday's action, the Wolf Pack took game one with a score of 10-5. Pusan was able to rally in the nightcap and take their only win of the weekend, 14-3. Sunday, Kunsan edged the Commanders in game one, 12-9, and came back to crush their competition 13-2 in the closer. The three wins give the Wolf Pack women a 9-7 record for fifth place. Osan (17-3), Yongsan (13-3), Camp Humphreys (12-8), and Camp Casey (8-6) take up the top four spots.

Both teams travel to Camp Humphreys for games Saturday and Sunday, and then go to Okinawa, Japan, for the Pacific-wide Firecracker Shootout Armed Force Softball Tournament.

Softball standings

| Softball -- American League | | | | Softball -- National League | | | |
|-----------------------------|-----|-----------|-----|-----------------------------|-----|-----------|-----|
| East | W/L | West | W/L | East | W/L | West | W/L |
| MDG | 4-0 | TRNS #1 | 5-0 | Ammo | 5-1 | COMM #1 | 5-0 |
| SPS #1 | 4-0 | OSS | 4-1 | SUPS #1 | 4-2 | 80 FS | 3-1 |
| Comm #2 | 4-2 | MXS #3 | 4-1 | CES #1 | 3-2 | CPTS | 3-2 |
| 35 FS #1 | 2-2 | MSS | 2-3 | CES #4 | 2-3 | TRNS #2 | 1-3 |
| SVS | 2-4 | MXS #1 | 1-4 | SPS #2 | 2-3 | E-Battery | 2-4 |
| SUPS #2 | 1-4 | F-Battery | 0-3 | Armament | 1-4 | 8 FW | 0-5 |
| CES#2 | 0-5 | MXS #2 | 0-3 | | | | |

All results provided by Fitness Center as of Monday.

Softball schedules

| MONDAY | | WEDNESDAY | |
|-----------|-----------------------|-----------|----------------------|
| 5:30 p.m. | Comm#1 vs. CPTS | 5:30 p.m. | Armament vs. SPS#2 |
| 6:30 p.m. | E-Battery vs. 80th FS | 6:30 p.m. | CES#1 vs. CES#4 |
| 7:30 p.m. | Comm#1 vs. 80th FS | 7:30 p.m. | 3th FS#2 vs. CES#4 |
| 8:30 p.m. | Supply#1 vs. SPS#2 | 8:30 p.m. | CPTS vs. Trans#2 |
| 9:30 p.m. | Ammo vs. CES#4 | 9:30 p.m. | E-Battery vs. 8th FW |

Today

Catholic Mass – 11:30 a.m., Chapel.
Cardio-conditioning class – Noon to 1 p.m., Fitness center, free.
Seabreeze Club 5-9 p.m., rock and alternative in the Pit Room; jazz in the lounge 5 to 9 p.m. and rock and alternative in the lounge 9 p.m. to 2 a.m
Step aerobics – 5:45 p.m. at the Satellite Fitness Center; \$1 per class or \$18 for 25 classes.
Catholic service – 6 p.m., devotions/rosary hour.
Free Meal – 6:30 p.m. at the Sonlight Inn. The Sonlight Innkeepers serve sloppy joes, fries, and cake.
Officers Club – 6:30 p.m., social hour, snacks and a music video disc jockey.
Movie – 7 and 9:30 p.m. *Anaconda*, rated PG-13. Starring Jennifer Lopez and Jon Voight. An expedition to shoot a documentary film about a lost Amazon tribe is plunged into terror and a fight for survival when their party takes on an additional member. Jon Voight latches onto the filmmakers to use them and their boat for his own goals. His idea is to catch a gigantic snake for profit, and he doesn't care who he has to feed to the reptile to get his way.
Protestant Service – 7:30 p.m., prayer and praise fellowship, Chapel.

Saturday

Tour – Departs at 7 a.m. to Crystal Factory and It'aewon from Falcon Community Center.
Flea market – 10 a.m. to 2 p.m. at the Falcon Community Center. Cost to rent a table to sell unwanted items is \$5. Call 782-4619 for more information.
Step aerobics class – 10 a.m. at the Satellite Fitness Center; \$1 per class or

\$18 for 25 classes.
Catholic Mass – 11:30 a.m., Chapel.
Space-A – L-100 to Yokota Air Base, Japan, showtime is noon, estimated departure is 2:50 p.m.; schedules are subject to change without notice. People should call the passenger terminal the day before their flight for any schedule changes.
Catholic services – 4:30 p.m., confession; 5:30 p.m., Mass.
Movie – 7 and 9:30 p.m. *Anaconda*, rated PG-13. Starring Jennifer Lopez and Jon Voight. See Friday's listing.
Seabreeze Club – 8 p.m., country in the Pit Room; 7 p.m. to 2 a.m., R&B in the lounge.

Sunday

Hiking at Mt. Taedun – Departs at 8 a.m. from Falcon Community Center.
Protestant services – Liturgical service, 8 a.m.; adult religious education, 9:30 a.m.; contemporary service, 11 a.m.; Gospel service, 12:30 p.m.; inspirational fellowship, 7 p.m.
Catholic services – 8:30 a.m., confession; 9:30 a.m., Mass; 11 a.m., adult religious education.
Denominational services – Church of Christ service, 10:30 a.m.; Church of Jesus Christ of Latter Day Saints Sunday School, 3 p.m.; priesthood meeting, 4 p.m.; sacrament, 5 p.m.
Champagne brunch – 10 a.m. to 1:30 p.m. at Seabreeze Club. Cost is \$6.95 for members, \$7.95 for non-members.
Protestant picnic – Noon to 2 p.m. at the pavillion behind the chapel; all Wolf Pack members welcome.
Seabreeze Club – 6-11:30 p.m., classic R&B music mix in the lounge.
Movie – 7 and 9:30 p.m.. *Donnie Brasco*, rated R. Starring Al Pacino and

Johnny Depp. Based on a true story of trust and betrayal in the cutthroat world of the Mafia, Donnie Brasco follows the life of an FBI agent who deeply infiltrated the mob. Johnny Depp is the undercover operative whose life is torn between his family and the allure of his new profession.
Space-A – No scheduled flights.

Monday

Space-A – No scheduled flights.
Catholic Mass – 11:30 a.m., Chapel.
Cardio-conditioning class – Noon to 1 p.m., Fitness Center, free.
Step aerobics – 5:45 p.m. at the Satellite Fitness Center; \$1 per class or \$18 for 25 classes.
Protestant – 7 p.m., Korean/American Bible study, Chapel.
Ecumencial – 7 p.m., Promise Keepers.
Movie – 7 p.m. *The Empire Strikes Back*, rated PG. Starring Harrison Ford and Mark Hamill. Luke Skywalker, Han Solo and Princess Leia find the tide turning against them and in favor of Darth Vader and the Imperial Fleet.

Tuesday

Space-A – L-100 to Yokota AB, showtime is noon, estimated departure is 2:50 p.m.
Protestant – 6:30 p.m., women's Bible study, Chapel.
Seabreeze Club – 7-11:30 p.m., Classic rock and oldies in the lounge.
Movie – 7 p.m., *Love Jones*, rated R. Starring Larenz Tate and Nia Long. Nina and Darius meet at a poetry reading and it's love. Complications occur when Nina's former boyfriend returns. But Nina and Darius discover that one should never

underestimate the power of love.

Wednesday

Space-A – No scheduled flights.
Catholic Mass – 11:30 a.m., Chapel.
Cardio-conditioning class Noon to 1 p.m., Fitness center, free.
Step aerobics – 5:45 p.m. at the Satellite Fitness Center; \$1 per class or \$18 for 25 classes.
Seabreeze Club – 7-11:30 p.m., requests in the lounge.
Catholic – 7:30 p.m., Scriptures study, Chapel.
Ecumenical – Promise Keepers, 7 p.m.; officers' Christian fellowship, 7:30 p.m., Chapel.

Thursday

Space-A – C-130 to Misawa AB and Yokota AB, Japan, showtime is 9:10 a.m., estimated departure is 12:25 p.m.
Catholic Mass – 11:30 a.m., Chapel.
Seabreeze Club – 7 p.m. to midnight, country in the Pit Room and R&B/reggae in the lounge.

July 4

Catholic Mass – 11:30 a.m., Chapel.
Space-A – C-130 to Yokota AB, showtime is 11:45 a.m., estimated departure is 2:15 p.m.
Catholic service – 6 p.m., devotions/rosary hour.
Movie – 7 and 9:30 p.m. *Selena*, rated PG. Starring Jennifer Lopez and Edward James Olmos. A musical celebration of singing sensation Selena, who rose to the top of mainstream pop success and became a symbol of success to the Latino community.
Protestant Service – 7:30 p.m., prayer and praise fellowship.



Thursday

- ☐ The supergroup *Sticky* performs at the Seabreeze Club. The club is open until 2 a.m.
- ☐ Wolf Pack members can spray paint the back-drop for the flatbed stage in the BX parking lot.

July 4

7:30 a.m.-noon — Firecracker golf tournament. Golfers can sign up at the golf course. This is first-come, first-serve registration. Call 782-5435 for more information.
9 a.m. — Firecracker five-kilometer fun run/walk. Free T-shirts to the first 100 people.
11 a.m. — Parade featuring Wolf Pack Honor

Guard, various base units, Korean dancers, floats. There are prizes for the best floats. First prize is \$300, second place is \$200, third place is \$100.

Noon - 9 p.m. — Independence Day Block Party

- ☐ All-day live remote by Eagle FM (AFKN) 88.5 FM
- ☐ AAFES tent sale
- ☐ Dunking booth
- ☐ Jail and Bail by 8th Security Police Squadron
- ☐ Static displays from 8th SPS and U.S. Army

4 p.m. - Freedom Fest '97, sponsored by the 8th Services Squadron and AT&T

- ☐ Live music from four Kunsan Air Base bands, *L.A. Lakers Girls*, and the supergroup *Sticky*.
- Noon - 1 p.m.** -- *Devil's Advocate*
- 1 - 1:45 p.m.** -- *L.A. Lakers Girls*
- 2 - 3 p.m.** -- *Trac 10*
- 3:15 - 4:15 p.m.** -- *Ecstasy*
- 4:30 - 5:30 p.m.** -- *Steal Wool*
- 5:45 - 9 p.m.** -- *Sticky*

- ☐ Food and beverage booths, including hamburgers, hot dogs, hot links, Polish sausages, Oriental House, hot wings, beverages
- ☐ Heritage booths (food tasting) representing different ethnic groups
- 8 p.m.** — Officers' Club opens
- 9 p.m.** — Fireworks display
- 9:30 p.m. to 2 a.m.** — Entertainment at Seabreeze Club

July 5

- ☐ Dunking booths
- ☐ Food booths
- ☐ *L.A. Laker Girls* and *Sticky* perform at Seabreeze Club, time TBA
- ☐ Marathon Softball tournament
- ☐ Country Night at the Seabreeze Club
- ☐ Swimming pool action
- ☐ Indoor golf competition at the Falcon Community Center
- ☐ **8 p.m.** — 9 pin/No Tap "Moonlight Colorama" at the bowling center

July 6

- ☐ Dunking booth
- ☐ Food booths
- ☐ Marathon softball tournament
- ☐ Swimming pool action
- ☐ Tour of Foxtrot Patriot missile site

Facility hours for July 4

Library -- Closed.
Sonlight Inn -- No free meal scheduled.
Fitness Center – 8 a.m. to 4 p.m.